CPD EVENT RECORD HEREDITARY MULTIPLE EXOSTOSES

Recording:

Learning
by Oneself

with Mr Leigh Edwards and Mrs Jackie Edwards

In this discussion, Mr Edwards, a trustee of the charity HME - The New Generation, described his own experience of living with HME, inherited from his mother Jackie. Mrs Edwards also described her significantly different experience.

The disease is rare (prevalence around 1:50,000), but it can have widespread effects on sufferers: pain, disability and mental health being the most significant.

Recognition of the disease could be challenging in the early stages, with some osteochondromas (the disease is also known as Hereditary Multiple Osteochondroma) only visible on Xray.

Since awareness of the disease is limited, there is a role for physical therapists in recognition and reassurance, together with development of exercise programs to help sufferers cope with the disease.



Evaluation, Reflection and Impact on Practice (this part of the certificate is not automatically generated - it has been entered by the participant)